



**Contact the Indiana Association of  
Area Agencies on Aging for more  
information on classes in your area.**

4755 Kingsway Drive  
Suite 402  
Indianapolis, IN 46205  
1-800-986-3505

Or visit  
**[www.diabetes.in.gov](http://www.diabetes.in.gov)**  
and click on the  
“Living a Healthy Life with  
Chronic Conditions” link.



- **F**eel better.
- **B**e in control.
- **D**o the things  
you want to do.

*Learn to take control  
of your life  
and find the support you need!*



**Living a Healthy Life**  
With Chronic Conditions



**Living a Healthy Life**  
With Chronic Conditions

This Brochure was supported by Grant/Cooperative  
Agreement Number 90RA0011/01 from the  
Administration on Aging (AoA). Its contents are solely the  
responsibility of the authors and do not necessarily  
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INDIANA FAMILY &  
SOCIAL SERVICES  
ADMINISTRATION

**Put Life  
Back in  
Your Life**




**Put Life Back Into Your Life.**  
**Consider attending a Living a Healthy Life with Chronic Conditions Workshop.**

Are you an adult age 55 or older with an ongoing health condition?

You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, or others, the Living a Healthy Life Workshop can help you take charge of your life.

**Sign Up Now.**  
**Spaces Are Limited.**

-  Join a 2 ½-hour Living a Healthy Life Workshop, held each week for six weeks.
-  Learn from trained volunteer leaders with health conditions themselves.
-  Set your own goals and make a step-by-step plan to improve your health—and your life.

*"In just a few weeks, I got back to feeling better — and back to being the kind of person I like to be."*



**To register or get more information, please call:  
1-800-986-3505**



*"Now I have more energy than I've had in years. I'm calmer and more confident about my health."*



*"The workshops put me back in charge of my life, and I feel great. I only wish I had done this sooner."*